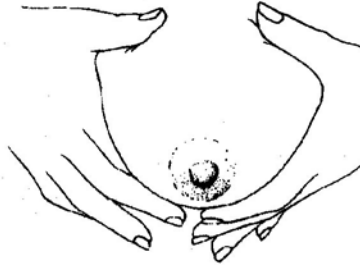


6 BREASTFEEDING FACT SHEET

HAND EXPRESSION

Get Ready

Find a private place where you feel comfortable. Wash your hands and equipment. Wash your collection cup and storage bottles in hot, soapy water with a soft brush. Rinse well. They can be washed in the dishwasher.



Massage Your Breasts

Breast massage helps your milk come out. Put a hand underneath your breast for support. Gently rub your breast with your other hand using small circular motions. Move around the breast, working from your chest toward your nipple. Repeat on your other breast. Massage for at least 2 minutes.



Collect Your Milk

Place your fingers and thumb about 1 inch behind the areola (darker area around the nipple). Gently lift, push breast back toward your chest, press your fingers together and release. Do this several times until your milk begins to flow into the cup. Continue around your breast.



BREASTFEEDING TRIAGE TOOL

Store Your Milk

Pour the milk into a clean bottle. Label with the date.

Freshly collected breastmilk may be stored:

- At room temperature (less than 78° F or 25° C) for 6-8 hours. Cool it sooner if possible.
- In a refrigerator for 5 days. Put the milk in the back of the refrigerator, where it is coldest. If milk will not be used in 5 days, freeze it.
- In a freezer inside the refrigerator for 2 weeks.
- In a freezer with a separate door for 3-6 months (if your freezer keeps ice cream very hard).
- In the deep freeze (separate freezer unit) for 6 to 12 months.

DO NOT boil or microwave breast milk. To thaw or warm breast milk, put the bottle in warm water. It thaws in about 15 minutes. If there is leftover milk after the feeding, throw it away.